

SUCCESSFUL AGING

Autumn Walking Challenge For Balance and Falls Prevention

National Falls Prevention Awareness Week will be recognized from September 21-25. Many falls are preventable, and finding a good exercise program is one way to improve balance and decrease your risk of falling.

Kick off National Falls Prevention Week by joining the Office for Aging Autumn Walking Challenge starting on September 21 and ending on October 30.

To sign up, contact the Office for Aging at (607) 778-2411 for a walking packet. You will receive a log to record miles, tips on setting walking goals and preventing falls, information on using a pedometer to count steps, and creative ways to walk in your own home. All those who complete 12 miles or 12,000 steps are encouraged to enter our prize drawing by mailing their walking log to the Office for Aging.

Broome County
Office for Aging 